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OFFICE OF THE REGISTRAR
18 JUN 1957
MADRAS

No. 162 June 1957 Regd. M. 4755

Health & Happiness

PUBLISHED MONTHLY 12 nP.

LOOK AT THIS MAN

A few weeks ago he was a stone under weight—thin—lacking in energy. Now he is no longer thin but well built, with pounds of healthy flesh, which makes him LOOK better and FEEL better.

IF YOU ARE THIN & SKINNY

You too can build up your body and put on pounds of healthy flesh if you take Vitafos, the famous body builder. Vitafos builds up both men and women. It makes thin, skinny men WELL BUILT & STRONG. It develops flat chested bony women giving them BEAUTIFULLY FORMED BODIES. With it you can gain health, strength and a better appearance.

Send now for a supply of Vitafos, and in a few weeks you will be a different person—no longer skinny—no longer weak, but stronger, well built and with a better appearance. Don't let any failure in the past stop you from taking Vitafos, for it is a REAL BODY BUILDER & cannot fail to give you the extra flesh you need.

Read what Satisfied People Say

"I have gained 18 lbs. and my appearance has improved"-G. WESTON.

"I weighed only 7 stone when I took Vitafos and now after two months I weigh 9½ stones & feel stronger-" L. PHILLIPS.

Per bottle Rs. 5-50. Three bottles Rs. 15-50
Six bottles Rs. 30. Postage. etc., extra.

Amazing Hair Discovery

Re-grows new hair on bald spots
Restores natural colour to grey hair

Do you suffer from falling hair and dandruff? Are bald patches or grey hair making you look older than you are? The amazing hair tonic Restora brings new hope to all, for it revives healthy hair growth by feeding and stimulating the hair roots giving them the missing elements of nutrition which is the real cause of falling hair, etc.,

Start using Restora and let your mirror prove results. Your hair will stop falling out, dandruff will go, bald spots will be gradually covered with new hair, and grey hair will get back its natural colour.

Per bottle Rs. 5. Three bottles Rs. 14. Postage. etc., extra.

The British Chemical Works Post Box No. 472 MADRAS-7.

BEST QUALITY RUBBER PREVENTIVES

These rubber preventives are the **Best for Family Limitation** because they will not let you down by breaking during **use**, which often happens when cheap rubber preventives are **bought**. Further, **we send you** only **Fresh Stock** and all **articles are carefully tested before despatch. So, get your requirements from us and be sure of satisfaction.**

AMOUR superfine quality preventives. Specially made for men who want the best. They are extra thin and strong and so soft and fine that they are not felt in use. Will last extra long in hot climates. Guaranteed to be without holes and flaws and not to leak or split when used.

Extra special quality, per dozen Rs. 25, ½ dozen Rs. 13, ¼ dozen Rs. 7.

VELESTRA extra fine quality preventives for men. These are so thin, soft and fine that they are not felt in use. They will not leak or split as they are without holes or flaws.

Doz. Rs. 20, ½ doz. Rs. 11, ¼ doz. Rs. 6.

Neverrip Preventives for men. Good thin quality imported from England. Men who cannot afford the best will find these satisfactory. Dozen Rs. 12. ½ dozen Rs. 6-50.

Silktex preventives for men. Thin quality imported from America. One dozen Rs. 6-50.

Grecian Caps for men. These caps are about 2½ inches long and they cover only the G-P. They allow natural union and yet prevent conception. Doz. Rs. 20, ½ doz. Rs. 11, ¼ doz. Rs. 6.

New Type Preventives for men have a special fitting at the end which is very effective. They are different from French ticklers. Doz. Rs. 25, ½ doz. Rs. 13, ¼ doz. Rs. 7.

F. T.s' For men. These have rubber ticklers at the end and are very popular with men. Doz. Rs. 20; ½ Doz. Rs. 11. ¼ doz. Rs. 6.

Crocodile Preventives for men. These are made with slight ridges like crocodile skin. They will not leak or break and can be washed many times. Superior quality. Doz. Rs. 30. ½ doz. Rs. 16. ¼ doz. Rs. 9.

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SPECIAL SAMPLE PACKET

of 10 different preventives for **Rs. 15.**

We give you here amazing value in this sample packet to prove that you will obtain better value and goods from us. The packet contains the following preventives.

2 Amoura	1 French Tickler
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1 New type f. 1.	2 Neverrips

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Full Privacy. Send value plus Rs. 1-50 postage, etc. (also bank commission if a cheque is sent) and we will be able to send the parcel without our name on it.

Bon Ami check pessary for women. Improved type. Recommended by birth control authorities because it absolutely prevents conception. Three sizes, new superior quality. Price Rs. 7-50 each

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Post Box No. 472 MADRAS 7, India.

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CURE SKIN ERUPTIONS THRO' THE BLOOD

ZEMRO
BLOOD MIXTURE

CURED THIS PERSON OF SKIN DISEASE AFTER

many ointments and blood cleansers had failed.

READ HIS TESTIMONIAL

Dear Sir,

I had suffered for five years with Eczema on my hands and had tried all kinds of ointments and blood tonics but they did not give me any relief

A friend remarked about the state of my hands one day, and asked me if I had tried Zemro Blood Mixture as it was very good

After three bottles of this blood mixture, my hands are clear of all the sores. I feel that I must recommend your blood tonic to all my friends as it has done for me that which no other tonic or ointment could do.

R. N. BANERJEE,
P. O. Suri, Birbhum Dt., Bengal.

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BY TAKING THE SAME REMEDY

Zemro Blood MIxture is a real blood cleanser, formulated by a Specialist to cleanse the blood of impurities, etc., every time it is taken. It cures pimples, acne, bad skin sores, etc., by removing the impurities causing them. It smashes gout, rheumatism, etc., by freeing the blood and joints of uric acid. It gets rid of leucoderma (white patches) by removing the cause of this disease. That is why Zemro always cures when other remedies fail and why it is the best for you.

Follow the examble yf thousands of skin and blood sufferers who have cured themselves through Zemro Ignore lesser remedies which will only prove a waste of money. Zemro offers you a sure cure for whatever skin of blooded isease you suffer from. Put its efficecy to the test by getting 3 bottles. The good it will do you, will give personal proof that it is a real blood cleanser.

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New improved formula gives wonderful results

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If you suffer from any skin or blood disease, write for this free booklet— **"How to Cure Skin and Blood Diseases Permanently."** It gives full information and the best way to get a lasting cure.

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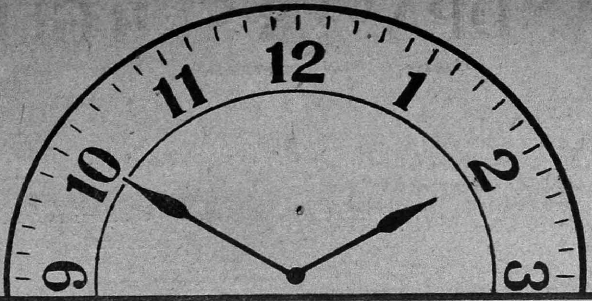

TURN BACK THE HANDS OF TIME

Get back the vigour and strength of your best years

After 40 years of age, sometimes earlier, the glands of your body slows down its manufacture of vital hormones. The result is decreased vigour, reduced vitality, weakness, impaired health, etc.

Vigotone acts directly on the glands of your body and increases their vigour and activity, so that they again produce a full quantity of the hormones needed by the body. Soon your vitality and vigour increases; you feel many years younger and every symptom of weakness disappears. Vigotone is not a temporary stimulant or just another tonic, but a special invigorator for the lasting restoration of vigorous manhood. **It never fails to restore and increase the vital force of the body** and is very good for **loss of vital power, Premature Aging, Weakness** and **Debility**.

Try 3 bottles of Vigotone and feel the new vitality and power it puts into you. This will prove to you that it is a real rejuvenator for men.

Read these Testimonials

Mr. J. D. (Calcutta) "......I have taken 12 bottles of vigotone, and I am longer weak and run down. you can publish this if you do not use my name and address........"

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Free Booklet.

If you have lost vital strength and vigour, or if you have noticed symptoms of weakness, write for our free booklet about Vigotone.

Don't let past failures with useless medicines hold you back from a proper cure. Take Vigotone and it will increase your vigour week by week until vigorous manhood is restored.

New improved Vigotone gives very good results. Prices:—One bottle Rs. 7.50 Three bottles Rs. 22; Six bottles Rs. 43 and Twelve bottles Rs. 84, postage, etc., extra. We give a free bottle of special Muscula with every six bottles of Vigotone. Also Vigotone for women. Prices as above.

The British Chemical Works,

POST BOX NO. 472, MADRAS-7. India

SANDPAPER SURGERY

Conde~sed from Saturday Evening Post

J. A. CLARK

Doctors are going after skin blemishes with a startling new operating technique

THE DAY that plastic surgeons raised ordinary sandpaper to the status of a surgical instrument marked the beginning of a different life for people whose faces are marred by pockmarks, acne scars and unsightly freckles. For with sandpaper surgeons can now remove these disfiguring marks and blemishes.

The realization that human skin could be sanded like a table top was, in the beginning, as startling to surgeons as it now is to most laymen. Today the sandpapering operation is being performed in many plasticsurgery centres and hospitals.

For most patients the operation means a new outlook, a changed life. There was the young woman who had been badly marked by a childhood bout of smallpox. Her face had become a source of everincreasing psychological pain. By the time she reached adulthood and got a job she was so embarrassed over her appearance that she steadfastly refused any promotion that would put her in contact with the public. Her employer decided that she lacked ambition.

Then she read in a medical journal of the newly developed sandpaper surgery. Confiding her plans to no one. she requested a six weeks, leave of absence to underg~ the operation. When she returned the office staff was astonished: in place of a self-conscious timid girl they saw a happy, confident young woman from whose face the pockmarks had vanished. Within a short time she accepted her employer's offer of a better job, one that was more in line with her capabilities and put her in constant contact with the public.

The man who introduced sandpaper to the operating room is Dr. Preston Iverson, of Philadelphia. In 1942 he was a medical officer assigned to the plastic-surgery department of Walter Reed Hospital in Washington, D. C. Among the wounded being received there were victims of land-mine and artillery-shell explosions whose faces were dotted with grotesque black spots called wound-tattoos, caused by bits of embedded gunpowder or debris.

The psychological effect of these wound-tattoos was so serious that skin grafting was considered. The idea was given up, because grafting an entire face would have added months in hospital; besides, skin grafted to the face is often of a different texture and colour from facial skin.

But the discussions about grafting set Dr. Iverson on the right path. He began to think about the way the "donor site"—the area of the patient's body from which the graft is taken—renews itself. Only about half the full thickness of the skin is removed and, because the base is preserved, the skin is able to regenerate itself rapidly.

Wouldn't the skin of the face regnerate too, Dr. Iverson asked, if only part of its thickness were removed? And wouldn't the wound-tattoos be gone when the new skin came in?

To find the answer, the plastic surgeons took small pieces of skin from some of the soldiers' faces and examined them under a microscope. They were elated to discover that in each case the tattoo particles had penetrated only a little more than half the kin thickness.

But how were they to remove skin from the face in exactly the right thickness? The instruments used to slice off skin for grafts work only on a more or less flat surface, such as the thigh or back, and

the face is all contours. Whatever the device, it must take off facial skin evenly. At this point Dr. Iverson thought of ordinary sandpaper. It seemed almost too simple a solution, but wasn't an abrasive just what was needed?

Then there began a long period of trial sandings over very small areas. The results were encouraging, and the decision was made to sand an entire face.

The patient selected was a 22 year-old private who had been struck by shell fragments. The excitement among the other wound-tattoo patients in the ward was unmistakable the day this soldier's dressings were removed. His face was temporarily pink but otherwise normal. Sandpaper surgery had worked.

By late 1944 sandpapering had also been used successfully on acne scars. Trial sandings indicated that the procedure would bring about a 50 to 100 per cent improvement. The acne patient, however, belongs first in the skin specialist's office; only when the condition causing the acne is under control does the patient become an acceptable candidate for sandpapering. Sometimes the facial pits are so deep that sandpaper cannot reach them. In this case the surgeon sandpapers first, then excises the pits, closing the minute incisions with a single stitch of fine white silk or nylon thread. After the new skin comes in, these excision scars are hard to detect even with a magnifying glass.

Freckles have no unpleasant connotations for most of us, but when they pass the point of moderation their owner—particularly if a girl—usually considers them a distinct liability. A young student nurse was embarrassed over the disfiguring freckles that covered her face, neck, shoulders, back, arms and hands. She sought the help of hospital surgeons.

This particular sanding had to be done in several operations because approximately 40 per cent of her skin surface was affected. For a few weeks after the final operation the young nurse had the abnormal pink-skin "blush" that follows such an operation. When the new skin faded, however, she was the possessor of a real peaches-and-cream complexion.

Sandpaper surgery, done as a regular operative procedure, is thoroughly safe. The average time in hospital is four days. The patient is given a general anaesthetic; on the instrument tray will be a few rolls of gauze bandage and several strips of sterilized sandpaper. The surgeon takes up one of the rolls of bandages, wraps the sandpaper round it and sets to work.

He begins by sanding a small area, gradually enlarging it until the entire, blemished surface has been abraded. In adults as much as two-thirds of the skin thickness may be sanded off. The lower third is always left untouched. Preservation of the sebaceous glands and hair follicles is thus assured—a man's beard will continue to grow through his new skin. At the end of an operation the abraded surface is usually covered with ointment, and then s medium-pressure dressing is applied.

For the first 24 hours or so, patients feel as if they have a pretty good sunburn under the bandages, although at no time do they experience sever discomfort. When the surgeon removes the dressings—normally between the seventh and tenth days—the new skin will still be quite pink, but the rosiness disappears in about six weeks.

Women may use their usual cosmetics three weeks after the operation, and men are allowed to shave (with an electric razor) the day after the dressings are taken off.

Sandpaper surgery has also been used to erase skin discolorations caused by industrial accidents, and, in a limited way, certain types of birthmarks in adults and children. A complete evaluation for this category of blemish is not yet possible, however. Meanwhile the astonishing technique of sandpapering has given surgeons a new weapon to use against some of mankind's oldest problems.

HOW RADAR WORKS

MILLIONS of people who are familiar with the word "radar" believe the technical process is so involved as to be beyond their comprehension. Actually it is simple in principle.

Radar, which stands for "radio detection and ranging," is based on the discovery twenty years ago in Britain that very short radio waves are reflected back by solid objects, somewhat as a shout bounces against a cliff and returns as an echo.

The big revolving aerial conspicuous at airports is part of a warning system which scans the skies day and night and reports the appearance of aircraft long before the human eye can detect them. Built like a searchlight—with the transmitter in the position of the light bulb, and the concave grid serving as reflector—the aerial revolves continually 26 times a minute. It sends forth a narrow beam of radio microwaves which, fanning upwards and downwards, brushes the sky in a circle about 30 miles in radius. When an aircraft enters that area, the waves hit it are reflected back to the aerial.

To hear the echo of your voice, you shout and then wait for the response; radar must do likewise So it sends its waves in a series of short pulses lasting one two-thousandth of a second. Then the sending device is automatically turned off and becomes, for an equal slice of time, an electronic ear to pick up any echoes, Caught by the curved reflector, these echoes are focused on the transmitter, which alternately acts as a receiver.

The signals received are relayed to a control room, where the observer watches a screen similar to that of a television set. This circular screen shows the area of sky scanned by the revolving aerial. Pivoted in the centre (in the position of the aerial) is an electronic arm, suggesting a windscreen wiper, which sweeps round the screen in exact synchronization with the revolutions of the aerial. When a plane enters the aerial's field of vision, the electric charge of its "echo" is transmitted to the arm and excites the sensitive coating of the screen to form a spot of light, called a "blip," at the exact point on the screen corresponding to the plane's position in the sky. The blip does not look like a plane, but it can be interpreted by a trained observer.

While the arm sweeps on, in time with the aerial's examination of other parts of the heavens, the blip still glows because the screen has been treated chemically to make the image last until the aerial performs another revolution and picks up the plane in its new position. In this way the observer can "see" planes approaching from all points of the compass at the same time.

As the top of the screen represents north, the observer will see at a glance exactly where in the area the plane is. The distance of each plane from the airport is continuously and automatically calculated by measuring the time it takes for the radar signal to bounce back from the plane, and each plane's blip appears on the screen at a corresponding distance from its centre.

At many airports this type of radar is supplemented by "Ground Control Approach," which keeps track of incoming planes down to the runway and enables the operator to "talk the pilot down" by radio in difficult flying weather.

The military "Early Warning Radar" can detect an approaching plane at a distance of 200 miles. If the plane is a friendly craft, it automatically identifies itself by responding to "interrogating pulses" with a message tacked on to the returning echo which can be seen on the screen.

In the many other types of radar—the radar altimeter; the type used in bombers and on naval vessels to spot unseen targets; the one used on ships to prevent collisions, and so on—there are many ingenious adaptations and refinements but the principle remains the same.

TROPICAL FISH—

A Diverting and Inexpensive Hobby

●

JACK LONG

KEEPING tropical fish in your living-room is a fast-growing family hobby. I am one who has succumbed.

I am not talking about gold-fish, which, to me, are so alike in colour, shape and habits that I wouldn't give them tank room. They are usually crowded in too-small bowls, lead short, sad lives and die for lack of oxygen.

A serious fish fancier, to my mind, must at least have advanced to the guppy. No two male guppies are exactly alike in their dots and dashes of brilliant colour, and a tankful of these tiny fish has more movement than a catherine wheel. Common aquarium fish like the guppy, platy or molly can be bought in almost any pet shop.

Personally, I am partial to the neon tetra, one of the most beautiful of all livings things. It's about an inch and a quarter long and this Amazon River pigmy is as lovely as a bird, with its transparent fins, a splash of scarlet on the lower part of its body, and a brilliant blue-green line which glows from eye to tail.

Then there is the fantastic angel fish, with a round body, flat and shiny as a silver coin. Fins topside and bottom make it look higher than it is long. It has dark vertical stripes, a bright-red eye and a pair of stringlike, drooping ventral feelers, graceful and dignified as a Chinese philosopher's chin whiskers. The only trouble with the angel is that despite its name it sometimes turns into a tank bully, nudging smaller fish away from their food.

Keeping things lively in my tank at the moment is a pair of zebra danios. They're bright, flashy fellows, an inch and a half long, and among the hardiest of tropical fish. Zebras at courting time make the water boil.

One is enough when it comes to the beautiful veil-tail betta, the fiercest two inches of fish in captivity. The betta, bred today in match-less colours of deep red, green, lavender and blue, with flowing fins as graceful as ostrich-feather fans, is the famous Siamese fighting fish. Bettas are matched in Bangkok like fighting cocks. Two male bettas in the same tank will tear each other's fins to ribbons, but they won't ordinarily attack fish of other species.

My red betta is a fearless character, true to his Siamese ancestry. Putting a finger in the tank, which will drive the other fish quickly to cover, only makes him come up and nibble. If I put him alone in a tank with a female betta, he goes into a graceful water ballet to win her favour, then in a few minutes—just to make sure she knows who's boss—beats her up After that, the mating embrace takes place.

Down in the bottom of my tank is the rare little leopard catfish, slightly bug-eyed and moustached. He's a living vacuum-cleaner who methodically works over the bottom of the tank picking up uneaten food dropped by the others. Generally near him is a pinkish-white, blind cave fish—another rarity. This fish's ancestors spent countless generations trapped in caves in Mexico, learned to survive in darkness and gradually lost their sight. The cave fish has a sixth sense, however, that keeps him from bumping into obstacles, and he can find food on the tank bottom that other fish miss.

My tank population at the moment is completed by two clams—which filter the

water and help keep it clean—and a so-called "mystery snail," which also scavenges on the bottom and helps keep down the growth of algae.

No aquarium is altogether furnished without aquatic plants growing in the sand on the bottom. These can be as varied and interesting as an outdoor garden. Mine are common, cheap aad attractive—a dozen cork-screw vallisnerin, two giant sagittaria, a bunch of anacharis and a spray of horuwort.

There are all kinds of reasons why people keep fish. A friend looks at it this way: "With an aquarium you can watch living things carry on their whole life cycle before your eyes. It's a little world a few feet square which you can care for and keep on a bookshelf."

I recently talked with a taxidriver who turned out to be a tropical-fish fan. "When I get home at night I'm so jumpy from the traffic I can't sit still," he said. "Then I feed and watch the fish —and I relax. They're better than sleeping pills."

Fish can be excellent baby pacifiers. Friends of mine have a two-year-old child who refused to fall asleep without crying. I suggested buying a small aquarium built into the base of a lamp, which could be used as a night light; Now the youngster stares at the fish for a few minutes and dozes off without a sound.

Some hobbyists have huge collections. One man I know has 300 specimens representing 100 species But many collectors prefer to specialize. I have another friend who has carried specialization about as far as it can go: his tank is inhabited by a single large fish named Jack Dempsey, a dark-green, striped member of the cichlid family. Dempsey eats raw meat and, as a special trea , live guppies. Personally. I consider this fish ugly and bad-tempered, and I asked my friend one day why he kept him.

"It's because I'm lazy," he said. "I used to own a bulldog, and every morning and night I had to take him for a long walk This fish looks just like the bulldog, but he has never barked, never bitten anybody and never has to go out."

MAGNETS FOR FALSE TEETH

MANY wearers of dentures, which we used to call false teeth, are unhappy because the appliances slip and slide when such things as peanut butter sandwiches are eaten. A novel way of making dentures stick firmly in the mouth is reported in the Journal of the American Dental Association by Dr. Hyman Freedman of New york City.

Small magnets are built into upper and lower dentures. Poles are reversed so that the magnets repel each other The result is that the upper denture pushes the lower one away from it, and the lower denture pushes the upper one away. Thus the dentures are kept quite firmly settled on their underlying foundations. Opposing magnets must be skillfully positioned, for direct opposition may cause the lower denture to be psshed out of the mouth. Dr. Freedman has fitted hundreds of magnetized dentures during the past nineteen years, and recommends the technique to dentists for patients who require full upper and lower plates.

****

Bedtime snacks cause restless sleep.

False. A light snack or a cup of soup or milk before bedtime makes for a good rest. It draws bloood into the digestive organs and away from the brain. Only if you overeat or choose heavy greasy foods are you in for trouble.

****

WHAT DO YOU KNOW ABOUT EATING?

YOU'VE probably worried about certain food puzzles at one time or another. Here's what some of the experts have learned about eating.

Breakfast is your most important meal.

True, Poor breakfasts are likely to mar health, efficiency and marital bliss. Surveys show that breakfast-skippers (or skimpers) are more subject to deficiency diseases, make more mistakes at work and make a poorer showing as students. Sociologists blame many family fights and even divorces on poor or insufficient breakfasts.

Hot meals warm you.

False. Only psychologically. Calories are what add body heat. On a bitter day the calories in ice cream will warm you as much as hot soup.

You should eat less in hot weather.

False. It's good practice to cut down on indigestibles, but if you exercise a lot in summer and sit by the fireside all winter, you'll actually need more food in the hot months.

Some foods are sex stimulants.

False. Almost every food from pork chops to peppers has been considered aphrodisiac. Actually, the only connection between food and sex is that a well-balanced diet stimulates the body in every function. Malnutrition dulls all interest.

We'd be better off if we ate five times daily.

True. Two extra snacks (not large meals halfway between main meals provide extra energy quickly, increase efficiency and make us less greedy at main meals.

The more you eat the more you want.

True. When you overeat one day you'll be hungrier the next. Huge meals stretch your stomach and throw your appetite out of proportion. Conversely, the less you eat the less you want—within limits, of course. After you've become used to smaller intake you may wonder how you could have eaten so much before.

Exercise is a more efficient way to reduce than diet.

False. You'd have to climb 20 flights of stairs to lose the calories in one slice of bread, saw wood for 55 minutes to counteract one chocolate bar. And sueh strenuous exercise would only make you hungrier.

Your disposition is worst just before meals.

True. Studies show that tempers reach their peak just before break-fast, luncheon and dinner. That's one reason not to ask a favour until after a meal—as every salesman well knows.

It's almost Impossible to overfeed a boy

True. A recent survey of a grup of 13- to 17-year-olds showed that they made good use of as many as 5,000 calories a day—three times their basic energy requirements. So don't worry if an adolescent seems to overstuff—provided it's not all sweets.

Food is a good cure for fatigue

False. Fatigue gives you an abnormal appetite. But never eat heavily when you're overtired. Instead of the quick pick-up you're after, the meal is likely to lie undigested and cause gastric complications.

It's better to sleep after meals than before.

False. Half an hour's nap before meals will relax you. After meals a nap is apt to hinder your digestion by slowing down stomach action. If you need an after-meal rest, sit in a chair—your digestive tract works best when you're upright.

If most fat people ate what they say they eat they'd be thin.

True. Fat people who claim they "eat like birds" either eat little compared

(continued on pags 12)

CAN IMPOTENCE BE CURED?

BY DR. W. SLOANE, M. D.

●

The answer to this question will interest every man, especially those suffering from sexual weakness.

EVERY year many men become dismayed by the appearance of sexual weakness (impotence sexual neurasthenia) when they should still be at the peak of sexual potency. Some of them get back their sexual vigour by proper treatment; others continue to suffer from increasing weakness until they become seriously impotent.

Impotentence is a disorder which appears in all ages from early youth to old age. Its main symptoms are weak erection of the penis (which may range from some weakness to almost no power of erection) and premature ejaculation. It is a distressing weakness. for it prevents proper sexual intercourse, and is the cause of many unhappy marriages.

Man has for ages sought a cure for impotence, but with very disappoining results. The many remedies that have been used to cure the disorder proved useless in all cases. and even injurious in some. Nothing could be done in the past to effectively replace impotence with sexual vigour, and impotent men had to resign themselves to life of impotency

Impotent men need not suffer from sexual weakness any longer for medical science has come to their aid and found the answer to impotence. It was known for some time that sexual strength depended upon the vigour and activity of the sexual glands in the testicles (which produce a hormone to maintain sexual power at full peak) but nothing could be done to restore vigour and activity to these glands when they become weak and inactive and impotence set in, until medical science discovered the value of gland extracts taken from the sexual glands of healthy animals. Prof. Brow Sequard- and other doctors found that an active extract of the sexual glands (gonads) administered to impotent men vigorated the sexual glands in their testicles to new activity, for in almost every case there was a strong revival of sexual power.

Tests carried out by researh doctors again and again proved the value of the sexual glands extract (known as Orchitic extract) for impotence in men. Impotent men treated with this extract often got back their sexual power. Even better results were obtained when it was used with other extracts from the spinal cord and prostrate gland plus certain drugs which have a strong invigorating action on the sex organs. This combination produced a great increase of vitality, and a remarkable return of strong sexual power in middle aged and weak men Even older men recovered much of their vitality and power when treated with it.

Men who have lost sexual strength, even those who have been impotent for years, can now definitely get back their sexual power. To get best results, they should seek medical advice, and take only a dependable medicine which combines the potent gland extracts with the invigorating drugs. If they do this, they will get back full sexual power and be virile again. By using a special appliance. any deformities of the penis can also be corrected, and a small penis can be developed until it is normal in size.

Medical Advice about sexual weakness, etc, can be obtained free of charge, Write to :—

THE BRITISH CHEMICAL WORKS

P. O. Box No. 472. Madras-7.

198404

HOW TIMES HAVE CHANGED

I CAN RECALL as a newspaper reporter in 1912 covering the police - court trials of women arrested for smoking cigarettes, for shopping without their corsets on, for appearing on bathing beaches without stockings, for wearing shorts or slacks, for kissing in public, for sitting alone in a cafe, for putting too much paint on their faces or cutting their hair too short.

I actually covered the trials of such defendants, including another I hesitate to mention, so preposterous does it seem today. But I was there in the Chicago Avenue police court to report the following newsworthy event. In alighting from a young woman had revealed an expanse of leg that had fired tee civic wrath of an onlooker, a secondary school headmaster. Forthwtih he had sum- moned a policemon gathered witnesses and filed a complaint. The next day he stood by triumphantly to see the culprit fined $ 10 for indecent exposure. —*Copy right 1954 by Ben Hecht*

NEW FIRST AID BANDAGE

A new kind of product for the home medicine cabinet threatens to give stiff competition to the antiseptics and bandages that are so important for first-aid. Three antibiotic drugs—streptomyc-in, polymyxin and bacitracin—work together to eradicate most of the danger-ous germs that are very likely to conta-minate cuts, scratches, burns and wounds. The combination, known as Multibiotic, is contained in gauze pads for bandaging wounds.

Extensive tests of Multibiotic in the surgical clinics of many hospital have proved its effectiveness in preventing in-fection of wounds. The constituent anti-biotics intensify each other's germ-killing action so effectively that only a very small amount of each drug is required.

SURPRISE!

A young executive in an advertising agency had a well-deserved reputation as a wolf, and for several months a new secretary firmly refused all his invitations. So he was surprised when she agreed to a dinner date on his birthday, He was even more amazed when, after dinner, she invited him up to her apartment for a "birthday drink," and soon excused her-self to change into something more com-fortable. When she called through the closed door, "Why don't you come in here, John?" he walkedin.

He was greeted by a chorous singing, "Happy Birthday to You"—and there stood the entire office staff.

* * *

Mrs. Woodham-Smith, whose two books on the Crimea have both been best sellers, believes that writing is the best career for a woman. Unlike other careers, it can be combined with marriage and the responsibilities of running a home. She started as a writer of advertising copy soon after she came down from Oxford, but after her marriage to a London solicitor she began writing short stories and serials for magazines.

Research for her biography of Florence Nightingale took her eight years; but it gave her the idea and some of the material for her second book, *The Reason Why*, the title of which comes, of course, from Tennyson's poem celebrating the heroic charge of the Light Brigade at Balaclava.

Mrs. Woodham-Smith is now at work on a third historical study: the Irish potato famine of 1846–47.

(Concluded from page 10)

with what they'd like to eat or deceive themselves. In recent clinical tests a number of overweight people were put on a diet of what they *said* they ate. They proceeded to shed *five pounds* a day.

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Printed by T. T. Chockalingam, at Sakthi Press 53, Badrian Street, Madras-1
Edited & Published by Mr. W. E. Wilson, 31, Ritherdon Road, Vepery, Madras.